

Household Commodity Fact Sheet

**PEARS, FRESH**

Date: April 2009

Code: F540-F543

PRODUCT DESCRIPTION

- Fresh pears are U.S. Grade No. 2 or better.

PACK/YIELD

- F540: 1 pound bag (about 2 pears per bag)
- F541: 2 pound bag (about 4 pears per bag)
- F542: 3 pound bag (about 6 pears per bag)
- F543: 5 pound bag (about 10 pears per bag)

STORAGE

- Do not wash pears until ready to eat.
- Ripe pears may be stored in the refrigerator for up to 1 week.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Fresh pears are a great snack or dessert, eaten whole or sliced.
- Ripen fresh pears at room temperature.
- Slice or chop pears into salads or stuffing for pork or poultry.
- Fresh pears make delicious baked fruit desserts. Also try cooking them over low heat in juice or water and serve with low-fat ice cream.
- To prevent sliced pears from browning, dip into a mix of 1 part lemon juice and 3 parts water.

NUTRITION INFORMATION

- 1 medium pear counts as 1 cup in the MyPyramid.gov Fruit Group. For a 2,000 calorie diet, the daily recommended amount is about 2 cups of fruit.
- 1 medium pear provides more than 20% of the daily recommended amount of fiber.

FOOD SAFETY INFORMATION

- Rinse pears in cool water and dry with paper towel before eating.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: 1 medium pear, with skin (178g)

Amount Per Serving

Calories	100	Calories from Fat	0
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% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 6g	22%
Sugars 17g	
Protein 1g	

Vitamin A 0%	Vitamin C 15%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.

GLAZED PEARS**MAKES ABOUT 6 SERVINGS****Ingredients**

- 1 tablespoon margarine
- 6-8 pears, peeled, center removed, and cut into 1-inch pieces
- 2 tablespoons brown sugar (or 2 tablespoons regular sugar)
- ¼ teaspoon lemon juice

Directions

1. Melt margarine in a large skillet over medium heat. Add the pears and cook 10 minutes or just until soft.
2. Sprinkle pears with brown sugar and lemon juice, and continue cooking until sugar is melted, about 3-4 minutes. Stir often.
3. Serve warm.

Tips

Use glazed pears as a topping on pancakes, waffles, or add to hot cereals.

Nutrition Information for 1 serving (½ cup) of Glazed Pears					
Calories	140	Cholesterol	0 mg	Sugar	21 g
Calories from Fat	20	Sodium	5 mg	Protein	1 g
Total Fat	1 g	Total Carbohydrate	32 g	Vitamin A	20 RAE
Saturated Fat	1 g	Dietary Fiber	6 g	Vitamin C	8 mg
				Calcium	20 mg
				Iron	0 mg

Recipe adapted from Recipezaar.com.

BREAKFAST PEAR PARFAIT**MAKES ABOUT 2 SERVINGS****Ingredients**

- 2 cups oat circles (cold cereal)
- 1 pear, chopped
- 1 cup low-fat vanilla yogurt

Directions

1. Put 1 cup oat circles into 2 small bowls.
2. Add ½ of the chopped pears on top of the oat circles.
3. Top each bowl with ½ cup of low-fat yogurt.

Nutrition Information for 1 serving of Breakfast Pear Parfait					
Calories	210	Cholesterol	5 mg	Sugar	26 g
Calories from Fat	20	Sodium	190 mg	Protein	8 g
Total Fat	3 g	Total Carbohydrate	41 g	Vitamin A	91 RAE
Saturated Fat	1 g	Dietary Fiber	4 g	Vitamin C	7 mg
				Calcium	280 mg
				Iron	5 mg

Recipe adapted from Usapears.com.